

Fall Swim Lessons

Join the Park Center's Swimming & Water Safety Program!
Our goal is to teach children safe practices and swimming skills in, on and around water while having fun. All lessons are taught by certified Water Safety Instructors and include 8-Thirty minute lessons. In order to improve the quality and effectiveness of Swim Lessons participants should be registered for the appropriate level according to their swimming skills.



Ages: 6 months - Adult

Cost: Resident: \$30

Non-Resident : \$35



Tuesday & Thursday Evenings

Session Dates

- | | |
|----|--|
| 1 | September 3-26 (<i>Registration Dates: August 5 - Deadline: August 31</i>) |
| 2 | October 1-24 (<i>Registration Dates: September 20 - Deadline: September 28</i>) |
| 3* | October 29-November 21 (<i>Registration Dates: October 18 - Deadline: October 26</i>) |

Saturday Mornings

Session Dates

- | | |
|---|---|
| A | September 7 – October 26 (<i>Registration Dates: August 5 - Deadline: September 4</i>) |
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Swim Lesson Level Chart

Guppies: (6 months-4 years, Parent/Tot)

No water experience necessary

Starfish (Level 1): Child has limited or no water experience.

Jellyfish (Level 2): Child is able to perform all listed:

Submerge to mouth and blow bubbles. Float on front/back (w/ assistance) and recover to standing position.

Seahorses (Level 3): Child is able to perform all listed:

Submerge completely, Jump into water over head without assistance, knows basic arm and leg actions for Freestyle, Backstroke, and Elementary Backstroke.

Sea Rays (Level 4): Child is able to perform all listed without assistance:

Glide on front/back 2 body lengths Float on front/back for 5 seconds.
Perform Freestyle w/ side breathing, Backstroke, and Elementary Backstroke for 2 body lengths.

Sharks (Level 5): Child is able to perform all listed without assistance:

Swim 15 yards Freestyle w/ side breathing, Backstroke, and Elementary Backstroke
Float on front/back for 15 seconds, Tread water for 1 minute.

Dolphins (Level 6): Child is able to perform all listed:

Swim 25 yards Freestyle w/ side breathing, Backstroke, Elementary Backstroke, Swim 15 yards Breaststroke
Tread water for 2 minutes, Float on front/back for 30 seconds.

Adult Beginning: Participant has limited or no water experience.

Adult Intermediate: Participant has water experience, comfortable in deep water (9Ft.) and basic stroke knowledge.



Murray City Fall Swim Lesson Registration Form

Participant's Name _____

Age _____ Male or Female Birth date _____ Grade _____ School _____

Address _____ City _____ Zip _____

Parent/Guardian Name _____ Work Phone _____

E-mail _____ Home Phone _____

Emergency Contact _____ Relation _____ Phone Number _____

Cost (per participant, per Session) Member/Resident \$30

Non-Resident \$35

Has participant taken Swim Lessons before? No _____ Yes _____ Last Level Completed _____

Time: _____ **Session number:** _____

Level: _____ **Preferred Instructor:** _____

If your child is registered for the incorrect class, there may not be space to move them to the correct class.

There will not be scheduled make-up lessons for missed classes.

Registrations will not be accepted after the deadline.

Refunds will not be given after first day of class.

Tuesday & Thursday Evenings

Session	Dates
1	Sept. 3-26 (Deadline Aug. 31)
2	Oct. 1-24 (Deadline Sept. 28)
3	Oct. 29-Nov. 21 (Deadline Oct. 26)

4:00-4:30	4:35-5:05	5:10-5:40	5:45-6:15	6:20-6:50
All Levels	All Levels	Guppies	All Levels	Guppies
		All Levels	Adult Beginning	All Levels
				Adult Intermediate

Saturday Mornings

Session	Dates
A	Sept. 7 – Oct. 26 (Deadline Sept. 4)

9:00-9:30	9:35-10:05	10:10-10:40	10:45-11:15	11:20-11:50
All Levels	Guppies	All Levels	Guppies	All Levels
Adult Beginning	All Levels	Adult Beginning	All Levels	Adult Intermediate

Does the participant have any limitations? No/Yes If yes, please explain: _____

I have received and signed the Murray City concussion policy: Yes _____ No _____

LIABILITY RELEASE AND PERMISSION TO PARTICIPATE

In consideration of the acceptance of my application for the above activity, I hereby waive, release, and discharge any and all claims for damages, for death, personal injury, or property damage which I, as the participant, (or my child) may have, or which may hereafter accrue as a result of participation in said event. It is understood that some recreational activities involve an element of risk or danger of accidents, and knowing those risks, I hereby assume those risks. It is further understood and agreed that this waiver, release and assumption of risk is to be binding on my heirs and assigns. I have read and understood the foregoing registration, and agree to all of their terms and conditions.

Signature of Parent/Guardian

Date

Office Use Only		
Paid \$ _____		
CASH	CHECK	VISA
DISC	AMEX	MC
Date _____	Staff _____	

202 E. Murray Park Avenue
Murray, UT 84107



PARK-CENTER

(801) 284-4200
www.murray.utah.gov